

MENTAL HEALTH



1 in 10 young people are affected by mental health problems. This can range from depression, anxiety and conduct disorder. But remember you are not alone!

MENTAL WELLBEING

Your emotional wellbeing is just as important as your physical health. Having a healthy mind will help you to cope with difficult situations. Common mental health problems include:

- Depression
- Self-harm
- Generalised anxiety disorder (GAD)
- Post-traumatic stress disorder (PTSD)
- Attention deficit hyperactivity disorder (ADHD)
- Eating disorders

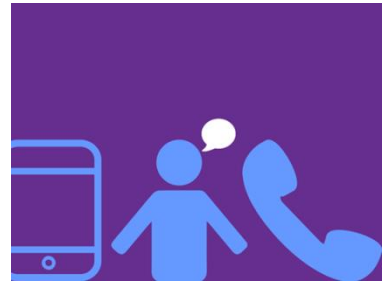


TAKE 5 - YOU CAN KEEP MENTALLY WELL BY:

1. Having good physical health, by eating a balanced diet and exercising on a regular basis
2. Taking time to have fun by playing indoors and outdoors
3. Spending time with your friends
4. Having a good relationship with your family
5. Being happy in your school environment



GETTING HELP



If you are feeling suicidal or you want to harm yourself, please get help immediately as talking things through is the best way to help yourself.

Talking to someone you trust can help hugely, they can see the bigger picture and help you understand that there are options and methods to help.

You can talk to friends and family, a teacher, your Doctor, or ring helplines that are open any time of the day and night.

Depending on who you talk to you have the right to privacy and what you say will be treated in confidence. These people are the likes of your Doctor or helplines.